

Take Charge!

FOR HEALTH AND LIVING



JULY 2010

CHANGE Made Easy

Better health doesn't take a total lifestyle overhaul. Small efforts can make a big difference, and the benefits add up fast. Here are some super doable ways to start feeling better now.

Do a 5-minute **breathing exercise** 2 to 3 times a day to break up tension. Have a cup of **green tea** to melt away a bad mood. Enjoy an **evening walk** to help you sleep better.

Stock a few healthy **pantry items**, such as dried beans, brown rice and high-fiber cereals. Enjoy 3 servings of **whole grains** daily to fight heart disease, stroke and type 2 diabetes.

Gain control of weight loss with a **food diary**; record your daily calories to learn what choices you can do without. Break a sweat on your **daily walks** to burn extra calories and improve blood pressure and blood sugar levels.

Preventive health habits are easy: Schedule a **dental exam** if you're due – healthy gums protect your teeth and heart. Stop **tanning** to reduce skin wrinkles and cancer risk. Spend



20 minutes twice a week with **free weights** to maintain healthy muscles and bones.

Why not show a little **kindness** and encouragement at work? Spread **positive energy** to help family, friends and coworkers stay strong. Find an hour of **peace and quiet** every day to block stress effects such as headache and stomach problems.

One good habit usually leads to another. For example, adding a daily exercise break often inspires people to eat better, control stress or even quit smoking. So what can you do today for a change?

WELLNESS EVENTS

Meeting the Challenge of Cancer

Tuesday, July 13

12 noon – 1:00 pm

SMT Room 4050/4060

Thursday, July 22

12 noon – 1:00 pm

SMT Room 4050/4060

Mammography Screening

July 26-30

8:00 am – 4:00 pm

The Swedish mobile mammography unit will be parked on Fifth Avenue between Columbia and Marion.

Register by July 15 if prior mammography films must be obtained. You will be billed for any in-network co-pay or co-insurance.

Schedule an Appointment:

ehealth.swedish.org/mammappointment

To cancel or reschedule:
206-320-2285

Blood Pressure Screening

July 28

10:30 am – 1:30 pm

SMT Room 4096

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SUBSCRIBERS: Find more tips on everyday wellness available at **Well Connections:**

www.personalbest.com/Extras/bbwc0710

Conquer the Clutter

Are you longing for a simpler life? You may

find that reducing your possessions and activities reduces the time, energy and stress they demand.

First, clear the clutter. Start room by room, emptying every closet, shelf, drawer and file of objects that aren't earning their keep – such as unread articles, unused toys and tools, unworn clothes and old cosmetics. Remember, everything you buy or collect requires tending – storing, cleaning, repairing or moving.

Eliminate trivia from your life. Do you need so many magazines and DVDs? Do you need another gadget or pair of shoes? Can you reduce your email or consolidate errands? If you haven't used it, worn it, watched it or read it in a year, consider passing it along to someone who will.

Put the kids to work. They can pick up their own clutter and prepare their clothes and packs for school.

Fill up your to-do list, not your mind. Your brain can only hold so much before you start to forget or feel overwhelmed. Keep a notepad handy to write down chores and things you need to track.

Leave space in your calendar each week. A sure way to feel stressed is to schedule so many tasks they consume every waking moment. You can usually count on several hours of unplanned activities and chores, so plan and use your time wisely.



Family Action Plan

Summer play the old-fashioned way.

Kids today spend a lot of their spare time focused on TV and mobile phones. For many, physical activity registers barely a blip on their radar screens. What's wrong with this picture?

Like grownups who park all day at computers, sedentary kids will eventually face weight gain and poor health from lack of exercise.

If this fits your family profile, try encouraging some traditional play time off the couch. Just one hour a day of physical activity is enough to help you and your kids feel fit and healthy.

Use the extra daylight now to enjoy outdoor activities. No need for structure ... bike ride to the school playground and toss a Frisbee. Fly a kite. Set up croquet or badminton in the backyard. Play ball – bounce it, toss it, catch it, kick it.

Kids of all ages love water activities – paddle a kayak or pedal a paddleboat around the lake. Swim at a community



pool or just run through a sprinkler to cool off.

Explore the countryside on horseback. Walk around a county fair or a park and then relax with a picnic lunch. Leave the phones home.

Start by collecting 2 or 3 ideas from each family member. These can be group or individual pursuits, so long as they're *physical*. Then unplug the hardware and turn on the action.

Bouncing Back

How we respond to stress may either help or hinder how we recover from it. We all have the ability to become more resilient in the face of adversity.

Researchers have identified several traits associated with resilience and adaptability under stress.

Purpose: Do you maintain a commitment to life that gives meaning to even the most difficult events?

Values: Do you recognize and express important principles or beliefs?

Flexibility: Do you view challenges as more typical than threatening?

Creativity: Do you explore unusual connections, solutions and new ideas?

Responsibility: Do you recognize you contribute to results good or bad?

Support: Do you foster strong relationships and draw on them for help?

Optimism: Do you usually stay positive and see solutions rather than obstacles?

The first step in building resilience is awareness. Simply knowing how you succeeded in coping in the past can help you resist stress in the future.

By accepting life's challenges we gain new solutions, self-awareness and strength. That's called resilience.



Latest Treatments for Heart Attacks

Cardiology has come a long way. The study and treatment of your heart and vascular system has uncovered some important advances recently.

Superior tools: Many hospitals now possess sophisticated equipment for the detection and treatment of heart disease, such as 24-hour cardiac catheterization labs for performing angioplasty (a procedure for opening blocked blood vessels).

Better understanding: Ongoing research is yielding state-of-the-art knowledge, from recognizing that angioplasty is most effective if done within a few hours of a heart attack to knowing how best to treat patients with atypical symptoms.

Advances in care: Hospitals that participated in quality improvement

initiatives have substantially boosted their care of heart attack victims.

Patient knowledge: Many people recognize the symptoms of a heart attack. They also understand what to do if one occurs, and that getting urgent medical care within 1 to 2 hours of the onset of symptoms maximizes their odds of survival.

Progress continues: New technologies are constantly being developed to provide better patient care. Future advances may include cooling a person's body temperature to increase survival rates or growing new cells to replace tissue damaged by a heart attack.



Traffic Alert

Drive defensively to spot trouble before it happens.

Experts say we can do a lot to avoid traffic crashes. It's called defensive driving.

Start with a safe vehicle.

Periodically check lights, belts, fluids, as well as tire treads and pressure.

Check your own condition.

Don't drive after using alcohol or medications, or when sleepy – the most common factors in fatal crashes.

Buckle up. Safety belts properly used nearly double your chances of surviving a serious crash.

Scan for hazards. Constantly check ahead, behind and beside you. Spotting trouble even a split second early can give you time and space to react defensively.

Check the blind spots.

Don't rely on rearview mirrors to spot every surrounding vehicle. Before changing lanes, **always turn and look** quickly to see what's immediately to the right and left rear of your vehicle.

Be patient in congested traffic. Prepare for sudden stops or lane changes and cranky drivers.

Stay alert. Traffic authorities say the most serious hazard to everyday drivers is simple distraction – like smoking, eating, talking, using a cell phone or fiddling with interior controls.

Play it safe: Give driving your complete attention.



QUIK**RISK**™

Are You In Sleep Debt?

Maybe you're only losing an hour or so of sleep, but repeating that loss day after day can result in an unhealthy sleep debt. How much sleep do you owe? You can start to answer that question by assessing how sleepy you are daily. Here's how:

Rate each one of these statements from 0 to 3 – 0 being unlikely to doze off, 2 being somewhat likely to doze, and 3 being highly likely to fall asleep during the activity.

- ☐ Reading
- ☐ Watching television
- ☐ Sitting in a public place, such as a movie theater or waiting room
- ☐ Sitting down after a meal where you did not drink alcohol
- ☐ Sitting and talking with someone
- ☐ Waiting in a car stopped in traffic
- ☐ Riding as a passenger in a car for an hour or more

If your total score is 0-5, you're probably getting enough rest. If you score 6-12, you are mildly sleep-deprived. If you scored 13 or higher, you're likely suffering from a daily lack of sleep.

Bottom line: When you routinely miss out on sleep, you put your safety, health and happiness at risk. Make sleep a priority, and take action today to restore your sleep debt.



STAY IN TOUCH

Keep those questions and suggestions coming!

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New Employee Assistance Program Provider

Employee Assistance Program (EAP) services are now provided by Horizon Health. Professional help is available to you and your household members on a variety of personal issues:

- ▶ Family, relationship or emotional concerns
- ▶ Alcohol or drug problems
- ▶ Eating disorders
- ▶ Stress or depression
- ▶ Financial or legal problems
- ▶ Job-related problems and co-worker conflicts
- ▶ Elder care or child care referrals
- ▶ Critical incidents or catastrophes
- ▶ Gambling or other addictive behaviors
- ▶ Grief

To access services, contact Horizon Health at:

Telephone 1-888-272-7252 (or TTY 1-888-879-8274)

Additional Online Resources www.horizoncarelink.com

Login: city of seattle

Password: city of seattle

Your Counseling Benefit

You can call twenty-four hours a day, 365 days of the year and reach a licensed counselor through Horizon Health, the City's new EAP provider. Counselor assistance — by phone or in person — is offered at no expense to you. You and your household members can access six face-to-face counseling visits per issue every year.

Fresh Off The Grill By Cara Rosenbloom, RD

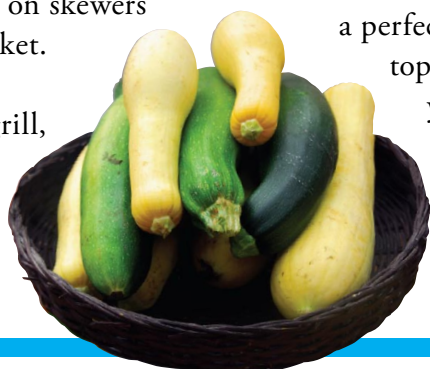
Chicken and burgers may be stars on the summer grill, but always leave room for fresh produce.

From apples to zucchini, the flavors of fruits and vegetables are enhanced by grilling. Plus, they are low in calories and chock-full of essential vitamins, minerals and fiber. Here are some tips for perfect summer grilling.

Grilled Vegetables

The first rule of grilling vegetables is to choose those that hold their shape when well cooked. Good options include onion, sweet peppers, asparagus, eggplant, mushrooms, zucchini and of course corn on the cob. Veggies with a high water content such as cucumber and spinach won't take the heat well — leave them for salads.

Wash your vegetables and cut them into uniformly sized pieces large enough to stay on the barbecue grates. You can also thread vegetables on skewers or invest in a grill basket. To prevent vegetables from sticking to the grill, brush them lightly with oil or marinate before grilling.



Cooking time depends on the vegetables — and on your preference. Most vegetables cook in 2 to 5 minutes and need to be watched to avoid burning.

Grilled Fruit

Fruit contains naturally occurring sugars, which are caramelized by the high heat to create luscious flavor. Peaches, pineapples, pears, bananas and apples are great on the grill.

Cut fruit in half and remove any seeds or pits. Soak in a cold water bath for about 30 minutes before grilling to help fruit stay juicy. Coat fruit with non-stick cooking spray or a mild cooking oil, such as canola, and grill until caramelized, about five minutes.

Succulent, summer-ripe fruits are a perfect dessert, especially when topped with vanilla frozen yogurt and a touch of cinnamon.



Nutty Bulgur Pilaf

- 2 tbsp canola oil
- $\frac{1}{2}$ cup minced sweet onion
- $1\frac{1}{2}$ cups whole-grain bulgur wheat

Nut mixture:

- $\frac{1}{4}$ cup walnuts, chopped
- $\frac{1}{4}$ cup dried apricots, chopped
- 3 tbsp fresh parsley, chopped
- 2 tbsp fresh lemon juice
- $\frac{1}{4}$ tsp cumin
- $\frac{1}{4}$ tsp salt (optional)
- $\frac{1}{4}$ tsp fresh ground black pepper
- $\frac{1}{2}$ cup crumbled (not packed) feta cheese

1. Heat oil in a large skillet over medium heat. Sauté onion for 5 minutes.
2. Add bulgur and toast in skillet for 7 minutes.
3. Reduce heat to low, add $1\frac{1}{2}$ cups hot water (slowly) and cover. Cook for 12-15 minutes, until liquid is absorbed.
4. Remove from heat and stir in nut mixture.
5. Top with cheese and serve.

Nutrition Facts

MAKES ABOUT 6 CUPS

Amount Per $\frac{1}{2}$ Cup Serving			
Calories 125			
Total Fat	5.4g	Total Carbohydrate	16g
Saturated Fat	1.2g	Dietary Fiber	3.6g
Cholesterol	2.8g	Sugars	1.8g
Sodium	234mg	Protein	4.5g

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